

# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### Term 3 Program - 2019

#### 1. 1-2-3 Magic & Emotion Coaching:

For parents & carers of children aged 3-10 years.

Encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices. **Please note this is a 3 session program.**

<b>Date:</b>	Tuedays 30 <sup>th</sup> July and 6 <sup>th</sup> & 13 <sup>th</sup> Aug	<b>Time:</b> 1pm – 2.30pm	<b>Facilitator:</b> Parenting Support Worker - Communicare
<b>Location:</b>	Child Parent Centre 79 Pitchford Ave (access via Westfield St) East Maddington	<b>Creche:</b> Yes	<b>Bookings:</b> 9251 5777 parenting@communicare.org.au

#### 2. Guiding Behaviours

For parents & carers of children aged 1 – 10 years.

Are you finding your child's behaviour challenging? Do they seem to oppose everything you say? Would you like them to do the right thing even when you aren't looking? Your child's brain is a work in process and is developing at the rate of millions of connections a day. The way we respond can greatly influence how and what they learn and effect your child's self-regulation, emotional control and decision making. Come and explore ways we can guide our children's behaviour in the short term and support the choices they make in the future.

<b>Date:</b>	Thursday 1 <sup>st</sup> August 2019	<b>Time:</b> 6.30 – 8pm	<b>Facilitator:</b> Parenting Support Worker - Communicare
<b>Location:</b>	Murdock Early Education School 29 Brookman Ave Langford	<b>Creche:</b> No	<b>Bookings:</b> langford@murdockearlyeducation.com.au

**Bookings are essential to secure a place, and all workshops are free of charge**

# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 3. Circle of Security

For parents & carers of children aged 0 – 5 years.

This internationally recognised program focuses on how to strengthen the parent/child relationship. It teaches parents and carers new ways to understand their child's behaviour and needs, as well as the importance of having a secure attachment. **Please note this is an 8 session program.**

<b>Date:</b>	Mondays 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Aug & 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> of Sep	<b>Time:</b>	9.30-11am	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Riverton Library 67 Riley Road Riverton	<b>Creche:</b>	Yes <b>Bookings essential!</b>	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 4. Let's Talk Toddlers:

For parents & Carers of children aged 0 - 4 years.

This introductory parenting workshop assists parents to better understand their toddler's world. It includes providing practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

<b>Date:</b>	Tuesday 6 <sup>th</sup> August 2019	<b>Time:</b>	12.15 – 2pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Brookman CPC 34 Brookman Ave Langford	<b>Creche:</b>	Yes <b>Bookings essential!</b>	<b>Bookings:</b>	cpcbrooman@parkerville.org.au

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# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 5. Tuning into Kids

For parents & carers of children aged 3 - 12 years.

Tuning into Kids is a **6 week** parenting program that aims to help parents and caregivers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural difficulties. Tuning into Kids is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

<b>Date:</b>	Fridays 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Aug & 6 <sup>th</sup> , 13 <sup>th</sup> of Sep	<b>Time:</b>	9.30-11am	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Leisurelife Centre 34 Kent Street East Victoria Park	<b>Creche:</b>	Yes <b>Bookings essential!</b>	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 6. 1-2-3 Magic & Emotion Coaching

For parents & carers of children aged 3 – 10 years.

Encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore, their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices. **Please note this is a 3 session program.**

<b>Date:</b>	Fridays 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> Aug	<b>Time:</b>	9.30 – 11.30am	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Woodlupine Community Centre 88 Hale Road Forrestfield	<b>Creche:</b>	Yes	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

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# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 7. The Importance of Play:

For parents & Carers of children aged 0-5 years.

Play allows children to use their creativity and is an essential part of every child's life. Play is important for healthy brain development and supports children's social, emotional, cognitive and physical development. This workshop will inform parents on the value of play and different, creative ways to interact with their child in order to support their development.

<b>Date:</b>	Thursday 15 <sup>th</sup> August 2019	<b>Time:</b>	1.00pm – 2.30pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Child Parent Centre 79 Pitchford Ave (access via Westfield St) East Maddington	<b>Creche:</b>	Yes	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 8. Parenting after Stressful Events

For parents & carers of children with trauma.

Have there been stressful events in your child's life – separation, trauma, injury, death, illness. Has this had an impact on your relationship with your child and left you feeling drained, worried, concerned for your child's well-being or struggling with day to day routines. Would you like more insight in to how this event may have impacted and gain some new strategies on how to support and guide your child through life's challenges.

<b>Date:</b>	Tuesday 20 <sup>th</sup> August 2019	<b>Time:</b>	12.30 – 2.30pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Gosnells CPC 173 Hicks Street (access via Clara Street), Gosnells	<b>Creche:</b>	Yes <b>Bookings essential!</b>	<b>Bookings:</b>	CPCGosnells@centrecare.com.au

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# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 9. Circle of Security:

For parents & carers of children aged 0 - 5 years.

This internationally recognised program focuses on how to strengthen the parent/child relationship. It teaches parents and carers new ways to understand their child's behaviour and needs, as well as the importance of having a secure attachment. **Please note this is an 8 session program.**

<b>Date:</b>	Tuesdays 27 <sup>th</sup> Aug, 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> Sep & 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> of Oct	<b>Time:</b>	9.30am – 11.30am	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Belmont Oasis Progress Way Belmont	<b>Creche:</b>	Yes Bookings essential!	<b>Bookings:</b>	9251 5777 <a href="mailto:parenting@communicare.org.au">parenting@communicare.org.au</a>

### 10. Toilet Training

For parents & carers of toddlers.

An informative workshop to support you and your child with toilet training and provide you with knowledge and tools to help you through this important stage of a child's development.

<b>Date:</b>	Wednesday 28 <sup>th</sup> August 2019	<b>Time:</b>	6.30pm – 8pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Murdock Early Education School 29 Brookman Ave Langford	<b>Creche:</b>	No	<b>Bookings:</b>	<a href="mailto:langford@murdockearlyeducation.com.au">langford@murdockearlyeducation.com.au</a>

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# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 11. All About Sleep - Toddlers

For parents & carers of children aged 0 – 4 years.

Are you the parent of a toddler who has difficulty getting or staying asleep? Do you wonder how much sleep they really need, or have they changed from a settled baby to a wakeful toddler? Join our workshop on all things sleep related for this age group, to learn new strategies and what life events can disturb a toddlers' need or drive to sleep.

<b>Date:</b>	Monday 2nd September 2019	<b>Time:</b>	6 – 8pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Communicare Belmont 275 Abernethy Road Belmont	<b>Creche:</b>	No	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 12. Setting Boundaries:

For parents & carers of children up to 12 years.

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.

<b>Date:</b>	Tuesday 3 <sup>rd</sup> September 2019	<b>Time:</b>	12.15 – 2pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Brookman CPC 34 Brookman Ave Langford	<b>Creche:</b>	Yes <b>Bookings essential!</b>	<b>Bookings:</b>	cpcbrooman@parkerville.org.au

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## Workshops for Parents & Carers

### 13. Engaging Adolescents:

For parents & carers of children aged 10 - 15 years.

Would you like to have a better understanding of your teen? This workshop can assist you in gaining an understanding of what is going on for your teen, learning how to set realistic boundaries and how to have those tough conversations.

<b>Date:</b>	Thursdays 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> Sep	<b>Time:</b>	3 – 5pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Communicare Academy 11-13 Royal Street Kenwick	<b>Creche:</b>	No	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 14. 1-2-3 Magic & Emotion Coaching

For parents & carers of children aged 3 – 10 years.

Encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore, their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices. **Please note this is a 3 session program.**

<b>Date:</b>	Thursdays 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> Sep	<b>Time:</b>	9.30am – 11.30am	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Communicare 28 Cecil Avenue Cannington	<b>Creche:</b>	Yes	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

Bookings are essential to secure a place, and all workshops are free of charge

# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 15. Setting Boundaries:

For parents & carers of children aged 0 – 12 years.

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.

<b>Date:</b>	Thursday 19 <sup>th</sup> September 2019	<b>Time:</b>	1 - 2.30pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Child Parent Centre 79 Pitchford Avenue (access via Westfield St) East Maddington	<b>Creche:</b>	Yes	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 16. Let's Talk Toddlers:

For parents & carers of children aged 2-4 years.

This introductory parenting workshop assists parents to better understand their toddler's world. It includes providing practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

<b>Date:</b>	Thursday 19 <sup>th</sup> September 2019	<b>Time:</b>	6 - 7.30pm	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Women's Health & Wellbeing Services 2232 Albany Highway Gosnells	<b>Creche:</b>	No	<b>Bookings:</b>	Register here: <a href="https://events.humanitix.com.au/letstalktoddlers">Events.humanitix.com.au/letstalktoddlers</a>

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### 17. All About Sleep Babies:

For parents & Carers of children aged 0-2 years.

Are you the tired parent of a baby under 12 months? Do you wonder why the sleep routines you have tried are not successful? Join our workshop to discover the common sleep issues in this age group and how we can build a safe and secure sleep space for our babies and develop good sleep habits for the future.

<b>Date:</b>	Monday 23 <sup>rd</sup> September 2019	<b>Time:</b>	10 – 12mid	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Communicare Belmont 275 Abernethy Road Belmont	<b>Creche:</b>	No but child may attend	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

### 18. Introducing your Baby to Solids:

For parents & carers of children aged 0 – 5 years.

Is your baby showing signs of wanting to eat solid food – or are you confused as to what to look out for! Embarking on feeding your baby solids can be tricky as there is often mixed advice given on-line and the media. Come to our workshop to discover what signs to look for and the what, where and how of introducing you baby to this next step of feeding.

<b>Date:</b>	Wednesday 25 <sup>th</sup> September 2019	<b>Time:</b>	10 – 12mid	<b>Facilitator:</b>	Parenting Support Worker - Communicare
<b>Location:</b>	Communicare Belmont 275 Abernethy Road Belmont	<b>Creche:</b>	No but child may attend	<b>Bookings:</b>	9251 5777 parenting@communicare.org.au

Bookings are essential to secure a place, and all workshops are free of charge

# South East Metro Parenting Support Services

## Workshops for Parents & Carers

### 19. Managing and Guiding Behaviour: For parents & carers of children aged 2 – 5 years.

Are you finding your child's behaviour challenging? Do they seem to oppose everything you say? Would you like them to do the right thing even when you aren't looking? Your child's brain is a work in process and is developing at the rate of millions of connections a day. The way we respond can greatly influence how and what they learn and effect your child's self-regulation, emotional control and decision making. Come and explore ways we can guide our children's behaviour in the short term and support the choices they make in the future.

<b>Date:</b>	Thursday 26 <sup>th</sup> September 2019	<b>Time:</b>	6.00pm – 8.00pm	<b>Facilitator:</b>	Stephanie Rea - Communicare
<b>Location:</b>	Ruth Faulkner Library City of Belmont 215 Wright Street Cloverdale	<b>Creche:</b>	No	<b>Bookings:</b>	Ruth Faulkner Library <a href="mailto:jocelyne.gaudet@belmont.wa.gov.au">jocelyne.gaudet@belmont.wa.gov.au</a>

Bookings are essential to secure a place, and all workshops are free of charge